

# The Best Medicine is Free

By Oley Smith



Before the pointing finger was mistaken for the moon, and before there were words to name either, there was the breath and then the posture. Slowing down enough to recognize that there is a breath, and that we are breathing it, we notice that it fills us. Some places more than others.

With focus we can see where the breath does not fill us, and with intention we can invite it into those places. As an offering to the breath we may adjust our position; correct our alignment; make an empty space that can hold a fullness. As the breath pours in, we can remain soft enough to allow it to fill in, expanding us. And we, softly expanding with it, make even more space for it to fill.

Taking the time to work with and cultivate our breath is a practice that can be done within the context of any activity. As we are fully present in our breath, we are fully present in our actions. As we become more fully our actions, the separation between us and what we are interacting with dissolves. Our interactive dynamic with the Universe becomes fluid as we move through it and it moves through us.

Qigong is several thousand years old and is the Chinese sister of Yoga. Translated quite literally Qi Gong means Breath Work. I like considering Qi as Breath rather than Energy. Energy to me seems nebulous and etheric. Breath implies a Breather and an awareness of breathing. There are more forms of Qigong than can be known, but they all start the same way. First, awareness is brought to the breath (qi); how and where it comes in and out of us. As the breath fills and expands through us, awareness then broadens to include the alignment of our posture. And with awareness focused gently on our breath and posture, our mind can settle and sink deeply to rest with our breath down around our belly buttons. These are known as the Three Intentful Corrections and they are the beginning and end of Qigong. These three corrections alone have proven to have a tremendous benefit on the health of our bodies and minds, and they are available to us all the time.

At some point you may want to spend some money on guidance, whether from books, videos, or a teacher. But ultimately the moment-to-moment practice of working with your breath to cultivate good health and peace of mind is your responsibility alone, and it's completely free of charge.

Oley Smith, L.Ac. Dipl. OM, practices within the tradition of Classical Chinese Acupuncture and Herbal Medicine and the Liu Family lineage of Qi Gong. He offers sessions at Namaste Health Center. Reach him at 970-247-2043 or [oley@namastehealthcenter.com](mailto:oley@namastehealthcenter.com).

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religion and so on. Up to 98% of these layers are not ours. Yet they become ours to uncover, expose and remove throughout our human journey, in our quest to return to our truth, joy, love and authentic essence.

This "stuff", 98% of which we never consciously chose, lives in our subconscious and fuels our feelings, thoughts, beliefs and actions in our conscious mind. Our mind believes its job is to be right; and that can get in the way of us resurrecting our truth.

*"Life is a school. We are here to learn compassion, non-violence, faith and charity. We are here to unlearn negative emotions like fear, anger, jealousy and greed."*  
**The Weiss Institute.**

We reclaim power and wisdom when we come home, look inward and pull off these layers of lies, exposing our light and truth. This is how to shift from fear to love in order to move empowered through chaos and change. We are not broken. We are whole. To heal means to remove the conditioning, beliefs and fears that are not ours. When we do, we begin to vibrate at a higher frequency, no longer plugging into the drama of chaos and our response to change shifts. We become change agents, every day Guru's. We actually look forward to change.

We cannot experience what we are not willing to become in our consciousness. Set the intention to get on your path home and then say, "YES!" to what shows up. Let your filter be *anyone or anything that empowers* you to discover your inner resources, power and wisdom. Take inspired action daily. Dare to question and change your core beliefs. Notice when you contract and separate from others (especially family and friends) and next time, choose to lean into them; expand.

Find a mentor, a wellness circle of support, a community. Surround yourself with high vibrational food, music and activities. The invitation is there; will you become an everyday Guru? Look inward and learn to love, love to live and live to laugh! Tap into the joyful, pure, incredibly rich person you are regardless of external circumstances. Give all of your gifts; surprise and delight await.

Barb Horn is a Hypnotherapist (CHT), Soul Collage® Facilitator, ceremonialist, teacher, author, inspirational speaker, cosmic clown, believer in people and an everyday Guru based in Durango, Colorado. For more information on embracing change, classes or other offerings visit [www.AllEmbracingChange.com](http://www.AllEmbracingChange.com)